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AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listing of claims in the application.

Listing of Claims:

- Claim 1 (Previously Presented) A nutritional bar comprising:
- a) about 10%wt or more of soy and/or rice protein, about 1%wt or more being in the form of nuggets.
 - b) at least one transition metal or transition metal compound, and
- c) about 2%wt or more of a humectant selected from the group of diol and triol polyols and sorbitol said nuggets comprising 50-100% of soy and/or rice protein.
- Claim 2 (Original) The nutritional bar according to claim 1 wherein the nutritional bar comprises about 12%wt to about 35%wt of soy and/or rice protein.
- Claim 3 (Original) The nutritional bar according to claim 1 wherein the nutritional bar comprises about 5%wt or more soy and/or rice protein in the form of nuggets.
- Claim 4 (Original) The nutritional bar according to claim 1 wherein the nuggets comprise about 55%wt to about 100%wt of soy and/or rice protein.
- Claim 5 (Original) The nutritional bar according to claim 4 wherein the nuggets comprise about 75%wt to about 95%wt of soy and/or rice protein.
- Claim 6 (Original) The nutritional bar according to claim 1 wherein the nuggets further comprise about 5%wt to about 25%wt of a reducing sugar.

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Claim 7 (Previously Presented) The nutritional bar according to claim 6 wherein the polyol is selected from the group of triols.

Claim 8 (original) The nutritional bar according to claim 7 wherein the triol comprises glycerol.

Claim 9 (Original) The nutritional bar according to claim 1 comprising about 3%wt to about 20%wt of the humectant.

Claim 10 (Original) The nutritional bar according to claim 1 wherein the humectant comprises about 3%wt to about 10%wt of glycerol.

Claim 11 (Previously Presented) The nutritional bar according to claim 1 wherein the at least one transition metal or transition metal compound is selected from the group of chromium, manganese, iron, cobalt, nickel, copper and zinc and their compounds and mixtures thereof.

Claim 12 (Previously Presented) The nutritional bar according to claim 1 wherein the at least one transition metal or transition metal compound is in a substantially water insoluble form at 20°C.

Claim 13 (Original) The nutritional bar according to claim 12 wherein the at least one transition metal or transition metal compound is substantially encapsulated in an encapsulation material.

Claims 14 -18 (Cancelled)